

Dinner Salad w/Fr Dr75

Number of Servings: 75 (165.8 g per serving)

Amount	Measure	Ingredient
4 1/2	gal	Salad, Field Greens
9.00	cup	Nuts, almonds, sliced
375.00	ea	Tomatoes, red, cherry, fresh, year round a
4 1/2	cup	Salad Dressing, French, creamy, light

Nutrients per serving

Nutrition Facts			
Serving Size (166g)			
Servings Per Container			
Amount Per Serving			
Calories 130		Calories from Fat 80	
		% Daily Value*	
Total Fat 9g		14%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 12g		4%	
Dietary Fiber 4g		16%	
Sugars 6g			
Protein 4g			
Vitamin A 50%		Vitamin C 20%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Place 1 cup washed field greens on each salad plate. Sprinkle each salad with 2 T almonds and 5 cherry tomatoes.

Drizzle each with 1 T creamy, light French Dressing.

Each salad with dressing = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.